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ABSTRACT

This document features gardening activities for children in grades 3-5. Lesson plans target teaching children healthy eating habits; children should consume five servings of fruits and vegetables each day to take in the necessary vitamins and minerals essential for health and growth. Many lesson plans are also associated with physical activities and are marked with a "Body Builder" symbol. Six teaching concepts are presented: (1) "Basic Gardening"; (2) "Growing Techniques"; (3) "Thrifty Gardens"; (4) "Food Safety"; (5) "ABC's of Healthful Eating"; and (6) "Healthful Snacks." Appendices include gardening preparation and planting instructions, garden journal and activity worksheets, parental take-home sheets, and a registration packet. (YDS)

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